

## Do Your School Meal Menus Meet and Promote the USDA's MyPyramid Recommendations?

The following guidelines can be used to help you plan and serve tasty, balanced, healthy and colorful school meals. When planning your menu, strive to meet each criterion within this guideline.

### Lunch Menus

- Three different fruits and five different vegetables are offered each week.
- Dark green or orange vegetable or fruits are offered three or more times per week.
- Fresh fruits or raw vegetables are offered three or more days per week. (Or, fresh fruits or raw vegetables offered every day of the week for gold menu criteria.)
- A good source of vitamin C is offered daily.
- Four different entrees are offered each week, with high fat entrees (> 40% calories from fat) limited to once per week.
- Cooked legumes (dried beans and peas) are offered each week.
- Whole grain foods are offered three or more times per week. (Or even better whole grain foods are offered daily) Check out [www.mypyramid.gov](http://www.mypyramid.gov) for a list of whole grain foods.
- Two or more iron sources are offered daily.
- Low fat (1%) and/or skim milk are offered daily.
- Limit processed and/or ready-made entree items to once per week.

(Lunch menu criteria is based on the *HealthierUS School Challenge* Lunch Menu Criteria, specific USDA Nutrient Guidance related to the following menu criteria is found at [http://www.fns.usda.gov/tn/HealthierUS/food\\_guidance.pdf](http://www.fns.usda.gov/tn/HealthierUS/food_guidance.pdf))

### Breakfast Menus

- Three different fruits are offered each week.
- Fresh fruit is offered twice per week.
- Whole grain foods are offered three times per week.
- Protein-rich foods (meat/meat alternates) are offered three times per week.
- Low fat (1%) and/or skim milk are offered daily.
- Limit the sale or service of fried or high sugar items, like donuts, sweet rolls and other high sugar, high fat items.
- Limit processed and/or ready-made entree items to once per week.

For other menu planning tips, check out USDA's Team Nutrition website at [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov) or [www.mypyramid.gov](http://www.mypyramid.gov)